

Idaho KinCare Project

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Beat the Heat: Summer Tips

Every summer, thousands of Americans suffer from heat stroke, heat exhaustion and dehydration. And each year, an average of 300 people in the United States dies from heat-related illnesses, according to reports from the Center for Disease Control.

Seniors are more susceptible to heat-related illnesses as their bodies do not effectively cool down and it takes longer to recover when they get overheated. As the temperature starts to rise, it is important to take a moment to think about ways to beat the heat.

Below are tips that can help you battle the heat, sun and humidity, which are unavoidable throughout the summer months:

Check homes for proper ventilation

Excessive heat, when temperatures and humidity reach 90 degrees Fahrenheit or above, can be dangerous, especially to those who are home without air conditioners or fans. Many seniors will sacrifice a cool breeze from an open window due to security concerns. Inexpensive safety latches are available for windows that allow the air to circulate, but also pre-

vent the window from being completely opened from the outside. Check with your local hardware store for options.



Seek relief from the heat in public buildings that are air-conditioned

Not every senior has air conditioning in their home and there is a point at which fans can't combat the summer heat. When this occurs, visit public places such as local shopping malls, libraries, restaurants, or visit with friends or family for a welcome break from the heat. Beware of medications and/or senior diets that can increase risk. Hot weather can accelerate dehydration, especially in people who are taking medications that have the side effects of fluid and electrolyte loss. Many medications, particularly antibiotics and diuretics, can block the body's natural ability to cope with

the sun and heat. You should always check with a pharmacist or doctor to ensure that medications will not cause you or your loved ones to be more susceptible to heat-related problems. Also, if seniors are on a low carbohydrate diet, be sure they drink plenty of fluids, as the additional proteins in this diet can cause the body to heat up more quickly.

Plan ahead for outdoor activities

During hot weather, everyone, especially seniors, should wear loose fitting, cool, light-colored clothing, and a hat or cap. Whenever possible, try to stay in the shade and be sure to use a high SPF sun block (30+) in order to protect a senior's sensitive skin.

Drink plenty of replenishing fluids

Alcoholic beverages and caffeine should be avoided since they can cause dehydration. Water is a great option, but does not effectively replace the potassium and sodium (electrolytes) that we lose when perspiring. Popular "sports drinks" such as Gatorade, PowerAde and/or inexpensive homemade substitutes are great choices for rehydrating the body.



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Rehydration drink



Measure all ingredients precisely. Small variations can make the drink less effective or even harmful. Mix the following:

1 quart (950 ml) water
½ teaspoon (2.5 g) baking soda

½ teaspoon (2.5 g) table salt

3 to 4 tablespoons (45 to 60 g) sugar

If available, ¼ teaspoon (1.25 g) salt substitute (such as "Lite Salt")

* Do not give this home-made drink to children under age 12.

Source: www.webmd.com

Potential symptoms

Always be on guard for symptoms of heat exhaustion, which include pale, cold or clammy skin, extreme thirst, light-headedness, fainting, mild nausea, vomiting, and excessive sweating. Signs of heat stroke include hot, dry skin, a fast, strong pulse, confusion, and a body tem-

perature of 104 degrees or higher. If a person exhibits signs of heat stroke, this is a serious medical emergency and 911 or your local emergency medical team should be contacted. The good news is heat-related illnesses and injuries are preventable. If you understand the signs and watch out for the symptoms, you too can beat the heat this summer season.

By matching your name taken from your credit card, with your zip code, companies can more easily mine more information about you.

Simple Ways To Protect Your Privacy

Privacy— is an increasingly rare commodity these days. You might be surprised at the number of companies that claim to have information about your family, income, address, phone number and much, much more.

Take these simple steps to protect your valuable personal information.

Don't fill out your social media profile.

The more information you share online, the easier it's going to be for someone to get their hands on it. **Don't cooperate.**

Be choosy about sharing your social security number—even the last 4 digits.

If someone gets their hands on it and has information such your birth date

and address they can [steal your identity](#).

Lock down your hardware.

Set up your PC to require a pass word when it wakes from sleep or boots up. Same thing with your mobile devices.

Use a password vault that generates and remembers strong and unique passwords.

[use a password manager](#) that will not only remember all your passwords, but will generate super strong and unique ones.

Use two-factor authentication.

That means that when you log in, you'll also need to enter a special code that the site texts to your phone.

Set up a Google alert for your name.

This a simple way to keep an eye on anything someone might be saying about you on the web.

Click [here](#) to set it up.

Pay for things with cash.

Credit card companies sell your purchase data to advertisers.

Keep your social network activity private.

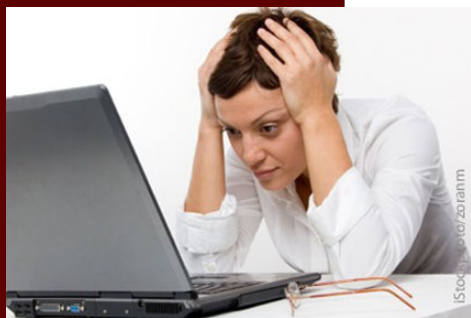
Check [your Facebook settings](#) and [Twitter](#) click on the settings cog.

Don't give your zip code when making credit card purchases.

By matching your name taken from your credit card, with your zip code, companies can more easily mine more information, including your address, phone number and email address..

Lie when setting up password security questions.

[there's nothing secure about such generic queries](#). That's because someone who wants access to your account could easily do some Internet research to dig up the answers.



Scam Senior Final Expense Program

It has come to the Idaho Department of Insurance/SHIBA Counselor in Northern Idaho of the following scam.

Scammers design and send countless post cards to neighborhoods populated by the elderly.

The card informs the recipient "an approved senior final expense program is now available, to help pay for the senior's final expenses." (aka funeral).

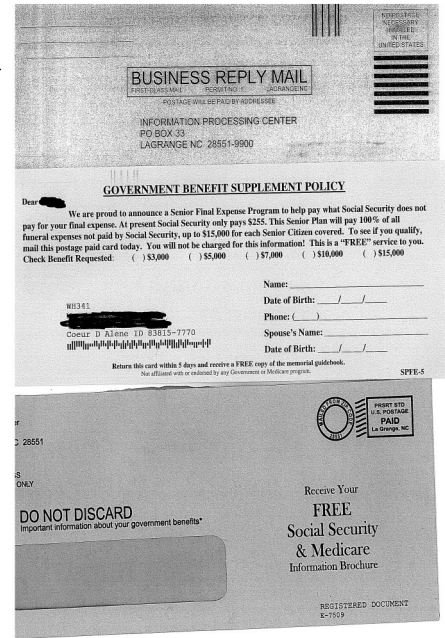
The card also mentions that the program could get the qualifying seniors up to \$15,000!

Indeed, the call to action is at the end of the card, stating: "It is your legal right as a taxpayer to receive all the information available to you. You must complete this request form within 5 days."

Seniors fall for this and are required to pay not only a "small" application fee, but also to give all their personal information.

This is a scam and should be ignored at all times.

http://scam-detector.com/face-to-face-scams/post-card-for-seniors#.Ufm8d_b3-1A.email



Get Your Kids to Eat Better

Be a healthy role Model! Kids will do what their parents do when they're young, and that includes eating. Make sure you set a good example by eating a variety of fruits, vegetables, beans and whole grains and keeping them stocked in the house.

Eat together! Make it a point to eat dinner together at least once a week. Research shows that families that eat dinner together tend to have more healthful diets that are higher in fruits, vegetables, and calcium and lower in saturated fat.

Make hunger your ally. Serve veggies as an appetizer before lunch, dinner or after school when the kids are at their hungriest. They are more likely to munch on them when they're hungry.



***"Be a healthy
role model!
Kids will do
what their
parents do***

August Quotes

In three words I can sum up everything I've learned about life: it goes on. **Robert Frost**

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment. **Buddha**

Life is a song - sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it. **Sai Baba**

Life is a dream for the wise, a game for the fool, a comedy for the rich, a tragedy for the poor. **Sholom Aleichem**

Read more at http://www.brainyquote.com/quotes/topics/topic_life.html#FaJv5bSMoK7SrCXx.99

Idaho CareLine • IDHW 

2-1-1™

Get Connected. Get Answers.

Dial 2-1-1 or 1-800-926-2588

2-1-1 Idaho CareLine is Idaho's only statewide, comprehensive community information and referral service. Dedicated to providing a comprehensive range of low cost or free health and human services to the people of Idaho. Dial 2-1-1 or

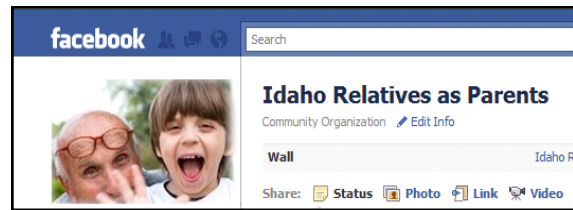
*1-800-926-2588
www.211.idaho.gov.*

It can be overwhelming to be the primary caretaker of children in today's world. When you feel as though you just can't do it anymore, it might help to remember this anonymous quote.

"You may not be able to change the entire world, but you can change the entire world of a child."

Idaho KinCare Project

A KinCare provider is a grandparent or other family member raising a relative's child. This arrangement can be challenging from legal, financial, and emotional standpoints. If you are one of the 10,000 KinCare providers in Idaho, this newsletter is for you.



Visit the FACS library at
www.211.idaho.gov



Support Group

Kinship Plus

Caldwell, ID

Linda Dripps: (208) 919-4731

Idaho KinCare Project

823 Parkcentre Way

Nampa, Idaho 83651

Phone: (208) 442-9977

E-mail: barrienn@dhw.idaho.gov

